

2009 WINTER PROGRAM GUIDE



*Family, Fun
& Fitness*
FOR ALL LEVELS



REGISTRATION BEGINS

Members Only Advanced

Registration (One Day Only) — Monday, December 1

Preschool — Tuesday, December 2 • Aquatics — Thursday, December 4

All Others — Tuesday, December 8

Lower Paxton Township Parks & Recreation

5000 Commons Drive, Harrisburg, PA 17112

Phone: 717-657-5635 • www.lowerpaxton-pa.gov



WELCOME

TO THE FRIENDSHIP CENTER

*The Lower Paxton Township Parks
and Recreation Department invites you
to be active participants
in the many recreational
and leisure opportunities offered
to all age groups contained
within this publication.*

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HOURS OF OPERATION

SEPTEMBER 1-MAY 31

Monday-Friday 5:30 a.m. to 10 p.m.
Saturday 8 a.m. to 9 p.m.
Sunday 12 p.m. to 6 p.m.

(Subject to change based on usage)

*Pool and Gym schedule available at Service Desk.

HOLIDAY CLOSINGS

Thanksgiving Day, Christmas Day

New Year's Day, Easter Sunday

Special Hours (6:00 a.m.-2:00 p.m.)

Memorial Day (Monday), July 4, Labor Day

Christmas Eve, New Year's Eve

INCLEMENT WEATHER

For closure information due to severe weather, please call the Center for details and re-opening information.

Closures will be announced on radio stations WNNK 104.1, WRVV 97.3, and WITF 89.5 FM. and on television at WHTM 27, WGAL 8, and WHP 21.

PROGRAM CANCELLATION

If a program other than preschool is cancelled due to severe weather, participants will be contacted by staff. Preschool programs follow Central Dauphin School District's decisions; details provided by teachers. See additional program notes on page 4.

MEMBERSHIP CARDS

For the protection of your membership, all members MUST present their membership card when entering the facility.

RENTALS

The Friendship Center is interested in hosting a wide variety of events. Facilities are available for parties, business meetings, community organizations, sporting events, seminars, and more. For more information on what space is available, rental fees, and specific arrangements, contact the Parks and Recreation Department at 657-5635. (See special packages information on page 21)

CORPORATE MEMBERSHIP

All businesses are invited to encourage employees to join the Friendship Center. As annual members, each employee will receive a reduced rate. A complete policy statement and more information are available by contacting the Parks and Recreation Department at 657-5635.

MEMBERSHIP AND PASS INFORMATION

ANNUAL MEMBER

(Discounts and Payments)

An annual membership entitles the holder use of the locker rooms, gymnasium, walking track, sun deck, natatorium, FitZone, fitness center, and social hall. An annual membership is valid for one year from the purchase date and is non-transferable. Membership card must be presented whenever entering the facility.

- Lower Paxton Township residents — discounted rate for an annual membership.
- Friendship Center annual members receive discounts on programs.
- Free babysitting for annual members while using the Center.
- Reciprocal discounts available for members of Penn Colonial and Koons Pool.
- Payment in full by cash, check, Visa or MasterCard.
- Monthly bank draft available.

2009 Membership Rates (tentative) Categories	Lower Paxton (1/1/09) Township Resident	
	Discount Rate	Regular Rate
Youth/Student (13+ OR Full-Time College Student up to 22 years)	\$197 yr. (\$16.42/mo.)	\$215 yr. (\$17.92/mo.)
Adult Single (18+)	\$460 yr. (\$38.33/mo.)	\$508 yr. (\$42.33/mo.)
Adult Couple/Single Parent Family	\$626 yr. (\$52.17/mo.)	\$691 yr. (\$57.58/mo.)
Family	\$708 yr. (\$59.00/mo.)	\$785 yr. (\$65.42/mo.)
Senior Single (60+)	\$323 yr. (\$26.92/mo.)	\$354 yr. (\$29.50/mo.)
Senior Couple	\$502 yr. (\$41.83/mo.)	\$558 yr. (\$46.50/mo.)

MEMBERSHIP CATEGORIES

- **Youth/Student** — 13-17 years of age. Full-time college students up to 22 years of age.
- **Adult Single** — Individuals age 18 and over.
- **Adult Couple** — Both adults must be 18 years of age or older and living in the same household.
- **Single Parent Family** — Single parent and all dependent children up to 18 years old or full-time students up to 22 years old in the same household.
- **Family** — Two parents and all dependent children up to 18 years old or full-time students up to 22 years old in the same household.
- **Senior Single** — Individual age 60 or older.
- **Senior Couple** — One adult must be 60 years of age or older and living in the same household.

PASS INFORMATION

3, 6, 9 month memberships — Payments must be received in full and in advance.

***GUEST PASS** — \$8 adults/\$5 children. Members may bring a guest(s) to the facility by purchasing a Guest Pass that is valid for one day. Passes are non-transferrable. Photo ID required!

***DAILY WALK-IN PASS** — Non-members may purchase a pass to use the Friendship Center. The pass is valid for one day and is non-transferable. Photo ID required!

\$12 daily before 4 p.m.

\$14 daily after 4 p.m., weekends and holidays.

*Guest/Daily Passes from Nov. 1-March 31 are limited to 5 visits per person.



What Do Members of the Friendship Center receive with their membership?

- Unlimited Use of Facilities
- Pools, Fitness Center, Gymnasium
- Free Babysitting (ages 3 months-8 years)
- Special Rates on Personal Fitness Training/ Massage Therapy
- Free Fitness Center Orientation
- Equipment Check-outs
- Locker/Locker Rooms
- 20% Discount on Programs at the Center
- Convenient Early Morning Hours
- Members Only Advanced Registration Day

POLICIES

Please take time to read the Friendship Center policies which are available at the Service Desk. Staff will apply all policies for the benefit and enjoyment of all patrons.

(Policies and Services subject to change)



Special Program Notes

- ◆ All classes have a minimum and maximum number of participants. Space is on a first come, first serve basis.
- ◆ The registration deadline for a multi-session program is after the second class of the session.
- ◆ For your convenience, the Parks and Recreation Department has four seasons during the year. The programs run Fall, Winter, Spring, and Summer.
- ◆ All non-member program participants **MUST** present a program participation card (distributed on the first day of class) each time they enter the facility for a class. **Lost program cards are subject to a \$10.00 fee.** Members registered for a program should simply present their membership card to the service desk for entry into facility.
- ◆ Pre-registration for all programs is required and should be done at least one week prior to the activity. Some programs are in high demand and fill quickly. Waiting lists are established after activities become full.
- ◆ Make-up classes or switching of classes are not permitted unless approved by staff.

(PROGRAM REGISTRATION DATES AND PROCEDURES ON PAGE 23)

Friendship Center Specials!

NEED A GIFT?

**HOLIDAY GIFT CERTIFICATES
NOW AVAILABLE!**

GIVE THE GIFT OF FAMILY, FUN & FITNESS!

Purchase a \$100 or more gift certificate between 12/1-12/19/08 & receive 2 free passes — \$24 value.

FRIENDSHIP CENTER MEMBERSHIP REFERRAL MONTH

— MARCH 1-31 —

Here's a chance to bring family and friends to your home away from home — **THE FRIENDSHIP CENTER.**

If you refer a new member during the month of March, you will receive a \$25 gift certificate towards programs or membership.

Must present coupon/member when joining.

See Service Desk for additional information.

Annual Membership Only. Not Redeemable for Cash.

MEMBERSHIP APPRECIATION WEEK

To show our appreciation to the members of the Friendship Center, the staff will host a special week, dedicated to our members, March 2-6. It's a special for you for being so special to us! Watch for details and event schedule.

FRIENDSHIP FRIDAYS

FIRST FRIDAY OF EACH MONTH

Members of the Center celebrate the first Friday of every month with complimentary Starbucks coffee and bring a friend for free (18+) and enjoy . . .

Friday, December 5 — Great snacks-
Holiday Tree Lighting

Friday, January 2 — Healthy snack time!

Friday, February 6 — A sweetheart surprise.

Friday, March 6 — A leprechaun surprise.

All friends must have photo identification.

SECOND FRIDAY OF EACH MONTH

Members of the Center receive FREE body fat testing from 9-11 a.m. and 4-6 p.m.

FRIENDSHIP CENTER & PARKS & REC. SPECIAL EVENTS/HIGHLIGHTS

Holiday Tree Lighting

Enjoy the Township's annual Tree Lighting festivities at the Friendship Center and have an opportunity to win a FREE membership to the Friendship Center. Featuring free refreshments, a sing-along, Lower Paxton Variety Band and great door prizes. Santa arrives by fire truck and greets all the kids. Special: For every \$25 gift certificate purchased between 7-9 p.m. you will receive \$5 bonus bucks.

Date: Friday, December 5, 2008, 7 p.m.

Stop, Drop & Shop

Do you need to finish up some shopping? The Friendship Center and Capital Lions Club will provide childcare for ages 3-10. Drop your kids off for some arts/crafts, light snacks, movies and gym activities! (Children may bring a packed lunch). Cost \$12 first child/\$8 additional siblings. Pre-registration required. Deadline to register is Friday, November 28.

Date: Saturday, December 6, 5-8:30 p.m. (Code 9666)

Breakfast with Santa

Join Santa for breakfast at the Friendship Center. Bring your camera to take a photo with the Jolly Man himself! Reservations are required, space is limited. \$7 per attendee who is eating. Deadline to register is Friday, December 5th.

Date: Saturday, December 13, 2008, 9 a.m. (Code 9662)

Family Fun & Fitness Night

Come to the Friendship Center for some quality family time. Earn "Friendship Family Dollars" by taking part in a variety of fun activities together - from fitness challenges to games to crafts. Hunt for pennies in a Pool Penny Toss, and enjoy pizza and drinks available for sale. "Friendship Family Dollars" can be used for refreshments or Friendship Center merchandise.

Members free-must preregister by 1/7/09

\$4R/\$5NR per person-non-members.

Date: Friday, January 9, 2009, 6-9 p.m. (Code 9968)



FCC Birthday Bash

The Friendship Center wants you to help celebrate its 9th Birthday on Sunday, January 25, 2009, 1-3 p.m. Come to this special event which will feature entertainment, and of course . . . ice cream and cake! Fun and enjoyable for everyone! Watch for additional details!

Buddy Bingo Night



Bring a Buddy to play some good old games of Bingo. Admissions to the Friendship Center will begin at 5 p.m. Bingo games will be called from 5:30-7:30 p.m. Reserve your seat and cards today. Fee includes 1 Bingo card and an evening of fun! \$5 for Non Members, Members play FREE. Additional Bingo cards can be purchased for \$2/card. Fun prizes!

Date: Friday, February 27 (Code 9969)

Breakfast with the Easter Bunny

Eat breakfast with the Easter Bunny, have a picture taken and go on an egg hunt in the gym! It's a fun-filled morning to share together. Tickets needed for adults who eat. Reservations required, limited space.

Date: Saturday, March 28, 2009, 9 a.m.

Fee: \$7 per person (Code 9949)

Easter Egg-Stravaganza (Free!)

Mark your Spring calendars for this Eggciting egg hunt co-sponsored by Paxton Area Jaycees and Biting Recreation. Free for children 2-10 years old and children will be divided by age groups to hunt for the candy-filled eggs and prizes! Don't forget your basket. The Easter Bunny will be there too!

Date: Saturday, April 4, 2009, 1 p.m. at Brightbill Park



PRESCHOOL ACTIVITIES

IMPORTANT REGISTRATION INFORMATION!

Preschool registration for those staying in the **same** class will be held Mon. - Wed. November 17-26. Open registration will begin on Monday, Dec. 1 for FC members and Tuesday, Dec. 2 at 8 a.m. for all others. All programs will meet for a **nine week** session at the Friendship Center unless noted otherwise. **Child must have met the minimum age requirement of the class by September 1, 2008.**

Fun For One (Ages 12-24 mos. w/parent)

(Must be age one by Sept. 1, 2008) Have fun with your toddler while playing, doing simple crafts and activities, and meeting new friends.

A. Tues., 9:30-10:30 a.m., Jan. 6-Mar. 3 (Code 9759)

Instructor: (for A) Gina Y.

B. Fri., 11:00 a.m.-noon, Jan. 9-Mar. 13 (no class on Feb. 13) (Code 9758)

Instructor: (for B) Kim V.

Fee: \$49R/\$55NR/\$41M

Double Play (Ages 2-3 w/parent)

Share songs, stories, fingerplays and simple crafts. Helps build confidence in interacting with others.

A. Tues., 10:45 a.m.-noon, Jan. 6-Mar. 3 (Code 9760)

Instructor: (for A) Nadzia S.

B. Fri., 9:30-10:45 a.m., Jan. 9-Mar. 13 (no class on Feb. 13) (Code 9761)

Instructor: (for B) Kim V.

Fee: \$60R/\$66NR/\$50M

Twos Together (Age 2)

(Born before 9/1/06) A special day for twos; activities include crafts, fingerplays and a snack.

Thur., 9:30-11:30 a.m., Jan. 8-Mar. 5

Instructor: Nadzia S.

Fee: \$81R/\$89NR/\$69M (Code 9762)

Kids Korner!

AGES 1-6 YEARS WITH PARENT

Visit our indoor playground and join the fun!

Mondays & Fridays, 10:30 a.m.-Noon

Jan. 5-Apr. 27 (closed 1/19, 2/13, 2/16, 4/10, 4/13)

\$3 per child, Members ages 1-6 Free!

Kidzdance w/Sara (Ages 2½-5)

Children will love this introduction to the world of dance! The classes promote body awareness, gross motor skills and individual expression through creative movement and dance techniques.

A. AGES 2½-4 with parent, Wed., 12:00-12:45 p.m., Jan. 7- Mar. 4 (Code 9890)

B. AGES 3-5, Wed., 1:00-1:45 p.m., Jan. 7- Mar. 4 (Code 9891)

Fee: \$96R/\$101NR/\$80M

Morning Fun Time (Ages 2½-3)

(Born before 3/1/06) A starter program focusing on beginning socialization and developmental skills, offering time to play, sing, make a craft and new friends too!

Mon./Wed., 9:30-11:30 a.m., Jan. 5-Mar. 11 (No class on Jan. 19 and Feb. 16)

Instructor: Mary C.

Fee: \$173R/\$183NR/\$146M (Code 9763)

Preschool Pals (Ages 3-4)

A two-day preschool curriculum with crafts, circle time, stories/songs, painting, and creative play.

A. Tues./Thur., 9:30 a.m.-noon, (Code 9764)

B. Tues./Thur., 1-3:30 p.m., (Code 9765)

Dates: Jan. 8- Mar. 10

Instructor: Elaine P.

Fee: \$208R/\$218NR/\$176M

Learning Fun Time (Ages 4-5)

Help children prepare for kindergarten through hands-on activities as they explore the alphabet, numbers, stories and other learning opportunities. Class meets three times per week throughout the school year.

A. Mon./Wed./Fri., 9:30 a.m.-noon, Jan. 5-Mar. 13 (No class on Jan. 19, Feb. 13, Feb. 16) (Code 9767)

B. Tue./Wed./Thu., 1-3:30 p.m., Jan. 8-Mar. 11 (Code 9766)

Instructor: Nadzia S.

Fee: \$297R/\$307NR/\$253M

Have Gym Will Travel w/Kathy (Ages 3-5)

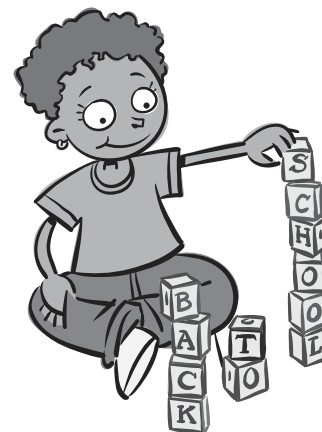
Children will receive instruction in tumbling, balance beam, bars, mini-tramp, and other invigorating activities.

A. Fri., 1:00-2:00 p.m., (Code 9865)

B. Fri., 2:15-3:15 p.m., (Code 9866)

Dates: Jan. 9 - Mar. 13 (no class on Feb. 13)

Fee: \$105R/\$110NR/\$88M



PRESCHOOL/YOUTH ACTIVITIES

Toddler Yoga w/Mobile Mommy Fitness (Ages 12-36 mos.) (6 classes) NEW

Yoga can be fun to do as your toddler crawls through your downward facing dog or joins in to roar like a lion. Adding challenge and enjoyment, your toddler will spend time coaching, cheering and exercising with you. Great yoga workout and fun with your little one. Bring yoga mats.

Session I: Thurs., 10:15-11 a.m., Jan. 8-Feb. 12 (Code 9916)

Session II: Thurs., 10:15-11 a.m., Feb. 19-Mar. 26 (Code 9917)

Location: Friendship Center, Room 118

Fee: \$68R/\$71NR/\$58M

Baton Twirling (Ages 3-5) (8 classes) NEW

Learn the basic fundamentals of twirling baton. Have fun while improving eye hand coordination, memory, flexibility, following directions and team work.

Dates: Fri., 9:30-10:15 a.m., Jan. 9-Feb. 27

Location: Friendship Center, Gym #2

Fee: \$54R/\$57NR/\$45M (Code 9940)

Smurfs Soccer Clinic (Ages 3½-5) w/Ricardo (3*-4 classes)

Instructional clinic with age-appropriate skills, drills and games. Some parent participation expected. Must be age 3 as of 9/1/08.

A. Tues., 5:15-6 p.m., Jan. 6-27 (Code 9872)

B. Tues., 6:05-6:50 p.m., Jan. 6-27 (Code 9873)

C. Tues., 9:45-10:45 a.m., Feb. 3-17 (Code 9874)*

D. Tues., 5:15-6 p.m., Feb. 17-Mar. 10 (Code 9875)

E. Tues., 6:05-6:50 p.m., Feb. 17-Mar. 10 (Code 9876)

Location: Friendship Center, Gym #1 *Gym #3

Fee: \$45R/\$48NR/\$38M

Tae Kwon Do for Tots (Ages 4-5) (6 classes)

Develop coordination, motor skills, listening skills, focus, leadership, following directions and fun discipline.

Dates: Thurs., 10-10:45 a.m., Jan. 8-Feb. 12

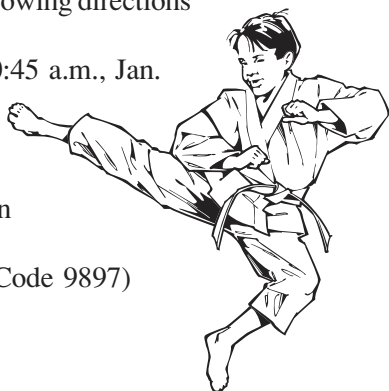
Location: Hbg.

Inst. of Tae Kwon

Do, 5000 Linglestown

Rd.

Fee: \$32R/\$37NR (Code 9897)



Child Runway w/Fashion Mystique Modeling & Beauty Salon (Ages 4-6) (4 classes)

Learn the fundamentals of runway/or pageant preparation including proper posture, projection and three basic runway turns.

Dates: Weds., 5-6 p.m., Jan. 14-Feb. 4

Location: Friendship Center, Room 106

Fee: \$53R/\$56NR/\$45M (Code 9924)

Intro. to Tae Kwon Do (Ages 5-12) (6 classes)

Geared to develop basic techniques as well as self-defense focus, listening skills, leadership, following directions along with fun and discipline.

Dates: Tues., 6:15-7 p.m., Jan. 6-Feb. 10

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$47R/\$52NR (Code 9898)

Young Scientists (Ages 6-8) (4 classes) NEW

Have fun being a scientist and make fantastic fizzes and slimy surprises, mix your own colors, and build a space-ship! Shaping young scientific thinkers means teaching kids to ask questions and experiment. You'll love making various sticky slimes, discovering levers, playing with magnets, magnifying glasses and more, while learning about your world.

Dates: Thurs., 4-5 p.m., Jan. 8-29

Location: Friendship Center, Room 106

Fee: \$41R/\$44NR/\$35M (Code 9942)

— THANKS —

TO THE FOLLOWING SPONSORS

Costco & Wal-Mart: Great Pumpkin Hunt By Flashlight

Starbucks, Giant Food Stores & Commerce Bank:

TurkeyRama

Commerce Bank: Diaper Derby

NEED A BABYSITTER?

Call 657-5635

for a list of sitters
who have passed
the Red Cross
Babysitting
Certification class.



YOUTH AND TEEN

Roller Skating (Ages 5+) (6 classes)

Learn to roller skate. Class includes lesson/instruction, skate rental and participant's practice time (additional time after lesson during open skate time).

Dates: Wed., 5-6:15 p.m., Jan. 7-Feb. 11 (Code 9861)
OR-Sat., 11a.m.-12:15 p.m., Jan. 10-Feb. 14 (Code 9862)

Location: Wheels On Fire Skating Rink, 7500 Derry St.
Fee: \$65R/\$70NR

Dinosaur Mania (Ages 6-8) (4 classes) NEW

This camp is for the wannabe paleontologist with lots of activities, stories, songs, and games centered on the ancient reptiles! Make dino arts and crafts, learn the names of favorite dinos, make dino tooth necklaces, play dino concentration, make a hatching dino baby in an egg, excavate toy dinos and more!

Dates: Thurs., 4-5, Feb. 5-26

Location: Friendship Center, Room 106

Fee: \$38R/\$41NR/\$32M (Code 9973)

Squirts Soccer Clinic (Ages 6-10) w/Ricardo (4 classes)

Instructional clinic with age-appropriate skills, drills and games. Small-sided intramural league focused on fun.

Dates: A. Tues., 6:55-7:40 p.m., Jan. 6-27 (Code 9869)

B. Tues., 6:55-7:40 p.m., Feb. 17-Mar. 10 (Code 9870)

Location: Friendship Center, Gym #1

Fee: \$45R/\$48NR/\$38M

Indoor Tennis Clinnic w/Ricardo (Ages 6-13) (4 classes)

Bring youth sized racket.

AGES 6-9:

Tues./Thur., 5:15-6 p.m., Feb. 3-12 (Code 9867)

AGES 10-13:

Tues./Thur., 6:05-6:50 p.m., Feb. 3-12 (Code 9868)

Location: Friendship Center, Gym #1

Fee: \$45R/\$48NR/\$38M



Youth Bowling Instruction (Ages 6-12) (6 classes)

Basics of bowling along with fun games.

Dates: Wed., 4:15-5:15 p.m., Jan. 7-Feb. 11

Location: ABC Bowling Lanes, Locust Lane

Fee: \$35R/\$40NR (Code 9923)

PADI Discover Scuba (12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Date: Saturday, 1-2:30 p.m., January 10

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (Code 9945)

Basic Chinese Conversation and Culture (Ages 6-12) (10 classes) NEW

The objective of this course is to introduce the student to basic Chinese conversation and culture. The class will cover topics including greetings, tones, Chinese characters and cultural topics such as festival, food, history, geography and art.

Dates: Tues., 5-6 p.m., Jan. 6-Mar. 10

Location: Friendship Center, Conf. Room

Fee: \$77R/\$80NR/\$65M (Code 9970)

Homework Helper and Study Skills Time (Ages 8-13) (10 classes) NEW

Need help with your homework? Confused? Having trouble finding time to do homework. MUST BRING HOMEWORK.

Dates: Tues., 3-5 p.m., Jan. 20-Mar. 24

Location: Friendship Center, Room 112

Fee: \$65R/\$68NR/\$55M (Code 9978)

Teen Time Out! (Ages 13-17) (10 classes) NEW

Take time out to enjoy recreating with peers. Supervised activities for teens. Jump start your weekend.

Dates: Fri., 5-7 p.m., Jan. 23-Mar. 27

Location: Friendship Center, Room 112

Fee: \$65R/\$68NR/\$55M (Code 9977)

Learn to Juggle (Ages 12+) (4 Classes)

Want to entertain at your next party? Learn how to juggle. Clown Around Town, Ltd., will teach the basicing and finish with passing routines. Bring can of tennis balls.

Dates: Thurs., 6-7 p.m., Jan. 22-Feb. 12

Location: Friendship Center, Room 112

Fee: \$39R/\$42NR/\$33M (Code 9991)



YOUTH AND TEEN (CONT.)

Youth Exercise w/Bentz (Ages 7-12)

General fitness, weight management and sports related exercise consultation. Unique program designed by trainer/P.E. teacher.

Date: By appointment

Location: Friendship Center, Fitness Center

Fee: \$32R/\$35NR/\$30M (Code 9927)

Baton Twirling (Ages 5+) (8 classes)

Learn the basic fundamentals of twirling baton. Have fun while improving eye hand coordination, memory, flexibility, following directions and team work.

Ages 5-9: Weds, 4:30-5:15 p.m., Jan. 7-Feb. 25 (Code 9936)

Ages 9-12: Weds, 5:15-6 p.m., Jan. 7-Feb. 25 (Code 9937)

Ages 13+: Weds, 6-6:45 p.m., Jan. 7-Feb. 25 (Code 9939)

Location: Friendship Center, Gym #1

Fee: \$54R/\$57NR/\$45M

Teen Athletic Enhancement/Peak Performance Conditioning w/Bentz (Ages 13-18) (12 classes)



New and innovative sports conditioning program taught by professional strength, conditioning coach and FC Personal Trainer.

Dates: Mon., Wed., Fri., 4-4:45 p.m., Jan. 5-Jan. 30

Location: Max Fitness, 3401 N. 6th St., Harrisburg

Fee: \$100R/\$105NR (Code 9955)

Financial Education Program w/CommerceWow! Zone (Ages 7-9)



It's important to teach kids and teens the concepts of banking and the importance of saving and making investments. Parents may stay for adult presentation.

Date: Saturday, Jan. 24, Feb. 7, and Feb. 21, 9-10 a.m.

Location: Friendship Center, Room 106 (Code 9990)

Fee: \$5R/\$8NR/Free to Members! Must pre-register.

Open Dodgeball (Ages 14+)

Come re-live your playground days. No organized teams. Co-ed. Must pre-register.

Dates: Tues., 6-7 p.m., Jan. 6-Mar. 10

Location: Friendship Center, Gym #2

Fee: \$55R/\$66NR/Free to Members! (Code 9950)

Small Group Personal Training Sessions w/Karen & Lori (4 sessions)

Personal training in a small group setting for the female athlete.

Dates: TBA

Location: Friendship Center, Fitness Center

Fee: \$78R/\$81NR/\$65M (Code 9859)

Teen Aqua Fit w/Darryl (Ages 12+) (10 classes)

Work on flexibility, balance, and get motivated to move. Learn muscle groups. Bring aqua shoes or sneakers. Aqua fitness equipment used.

Dates: Sat., 12:30 -1:30 p.m., Jan. 10-Mar. 14

Location: Friendship Center, Lap Pool

Fee: \$32R/\$37NR/\$26M per person (Code 9908)

Volleyball Skills Session (Ages 12-17) (8 classes)

Have fun while working on game strategy, positions and honing of skills, particularly passing. Beginner to intermediate. For junior high and high school wannabe's.

A. Boys, Fri., 7-8 p.m., Jan. 9-Feb. 27
(Code 9864)

B. Girls, Fri., 6-7 p.m., Jan. 9-Feb. 27
(Code 9863)

Location: Friendship Center, Gym #2/#3

Fee: \$48R/\$51NR/\$40M

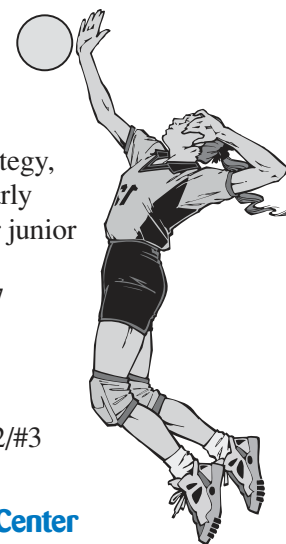
Practice SAT's w/Sylvan Learning Center (Ages 13+)

Learn what to expect when taking the SAT's. Join us for a practice. Students receive scores and an analysis showing strengths and weaknesses.

Date: Saturday, January 10, 9 a.m.-12:45 p.m.(Code 9888)

Location: Friendship Center, Room 106

Fee: \$5R/\$8NR/Free to Members! Must pre-register



USED ATHLETIC SHOES NEEDED!

The Friendship Center is collecting used or new athletic shoes to support families in Ghana West Africa through the PPPF foundation. We need: new or used sneakers (used but not abused) Size 7 and up and soccer cleats of all sizes. Just tie the laces together and bring them to the center! For more info, call 657-5635, ext. 112.

YOUTH AND TEEN



SPECIAL NEEDS PROGRAMMING

The Friendship Center in collaboration with Easter Seals of Central Pennsylvania is proud to announce the addition of therapeutic recreation programs for children and adults with disabilities to its recreation programs.

To participate in any Easter Seals program an additional \$20 one-time annual registration fee must be sent to: Easter Seals Central PA

**Attn: Therapeutic Recreation Department
2201 S. Queen Street
York, PA 17402**

**For additional information, please go to
www.eastersealscentralpa.org
or contact Alli Morey at 591-7027 ext. 5386.**

“Splash It Up” (All Ages)

Designed to accommodate the needs and abilities of participants with disabilities or special needs as well as a friend or sibling. Lessons adapted to the level of swimmer. Lessons are 1:1 or 1:2 ratio. Learn water safety and swimming skills along with physical fitness and social interaction skills.

Dates: Thurs., 6-6:30 p.m., Jan. 15-Feb. 19 (Code 9884)

Thurs., 6:30-7 p.m., Jan. 15-Feb. 19 (Code 9885)

Thurs., 6-6:30 p.m., April 2-May 7 (Code 9886)

Thurs., 6:30-7 p.m., April 2-May 7 (Code 9887)

Location: Friendship Center, Leisure Pool

Fee: \$80 per person

BODY PUMP

Body Pump (Ages 16+)

New! Exciting! Body Pump comes to the Friendship Center. The 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for . . . and fast!

Dates: (1 day per week) (10 classes-60 min.)

*Mon., 7:30-8:30 p.m., Jan. 5-Mar. 9 (Code 9848)

Wed., 7:15-8:15 p.m., Jan. 7-Mar. 11 (Code 9849)

Thurs., 4:30-5:30 p.m., Jan. 8-Mar. 12 (Code 9846)

Sun., 12-1 p.m., Jan. 11-Mar. 15 (Code 9842) (see Sun. Spin)

Sat., 9:15-10:15 a.m., Jan. 10-Mar. 14 (Code 9843)

Location: Friendship Center, Room 118 (*East Annex)

Fee: 1/week (60 mins.) — \$44R/\$48NR/\$37M

Dates: (2 days per week) (20 classes-45/60 min.)

Mon./Wed., 5:40-6:30 a.m., Jan. 5-Mar. 11 (Code 9845)

Fee: 2/week (45 mins.) — \$62R/\$67NR/\$54M

Mon./Wed., 9:30-10:30 a.m., Jan. 5-Mar. 11 (Code 9847)

Fee: 2/week (60 mins.)-\$72R/\$75NR/\$60M

Location: Friendship Center, Room 118

Dates: (1 day per week) (10 classes-45 min.)

Fri., 5:40-6:30 a.m., Jan. 9-Mar. 13 (Code 9841)

Location: Friendship Center, Room 118

Fee: 1/week (45 mins.) — \$32R/\$37NR/\$27M

Add Some Spin! w/Mary Jo (Ages 16+) (10 classes)

NEW

Follow Body Pump with 1/2 hour spin or just come spin!

Dates: Sun., 1:10-1:40 p.m., Jan.11-Mar. 15

Location: Friendship Center, Room 115

Fee: \$32R/\$35NR/\$30M (Code 9959)

Combine It! w/Mary Jo (Ages 16+) (10 classes)

NEW

Combo of spin and body pump. Cardio and strength all in one. Great combination!

Dates: Tues., 9:30-10:30 a.m., Jan. 6-Mar. 10

Location: Friendship Center, Room 112/115

Fee: \$36R/\$39NR/\$30M (Code 9954)



SPIN-IT

Spin and Strength w/Karen (Ages 16+) (20 classes)

Great workout that will make you sweat. If you never tried it before or haven't done it in a while, give it a try.

Dates: Mon./Fri., 9:45-10:30 a.m., Jan. 5-Mar. 13

Location: Friendship Center, Room 115

Fee: \$85R/\$88NR/\$71M (Code 9858)

Spin-It! (Ages 16+)

Spinning is an awesome workout — limited space!

Dates: (1 day per week) (10 classes-45 min.)

Wed., 9:30-10:15 a.m., Jan. 7-Mar. 11(K) (Code 9961)

Fri., 5:45-6:30 a.m., Jan. 9-Mar. 13 (K) (Code 9960)

Fri., 8-8:45 p.m., Jan. 9-Mar. 13 (D) (Code 9837)

Sat., 8:15-9 a.m., Jan. 10-Mar. 14 (MJ) (Code 9839)

Thurs., 5:45-6:30 p.m., Jan. 8-Mar. 12 (MJ) (Code 9838)

Fee: 1/week (45 mins.) \$24R/\$28NR/\$20M

Dates: (2 days per week — 45 minutes) (20 classes)

Tues./Thurs., 4:30-5:15 p.m., Jan. 6-Mar. 12 (M) (Code 9836)

Mon./Wed., 6:15-7 p.m., Jan. 5-Mar. 11(MJ) (Code 9840)

Tues./Thurs., 8:30-9:15 p.m., Jan. 6-Mar. 12 (D) (Code 9831)

Tues./Thurs., 5:45-6:30 a.m., Jan. 6-Mar. 12 (MJ) (Code 9832)

Mon./Wed., 5:45-6:30 a.m., Jan. 5-Mar. 11 (D) (Code 9834)

Mon./Wed., 8:30-9:15 p.m., Jan. 5-Mar. 11 (D) (Code 9835)

Location: Friendship Center, Room 115

Fee: 2/week (45 mins.) \$46R/\$54NR/\$38M

Instructor Code: (D) Darryl, (J) Janeal, (M) Michelle, (MJ) Mary Jo, (K) Kim

Triple-Fit Ripped Workout w/Darryl (Ages 16+) (10 classes)

90 minutes of power overdrive, 25 minutes of intense/low impact cardio including steps, bands, fit balls, weights followed by 25 minutes of spinning, finishing with an aqua workout.

Dates: Sat., 11a.m.-12:30 p.m., Jan. 10-Mar. 14

Location: Friendship Center, Room 118, Pool

Fee: \$62R/\$67NR/\$52M (Code 9903)

Endurance Ride w/Kim (Ages 16+)

Take an afternoon spin ride and get a great workout.

Dates: Saturday, January 31, 2-4 p.m. (Code 9980)

OR-Saturday, February 28, 2-4 p.m. (Code 9981)

Location: Friendship Center, Room 115

Fee: \$12R/\$15NR/\$10M

Babysitting Available

Monday-Friday 9 a.m.-1 p.m. and 4-8 p.m.

Saturday 9 a.m.-1 p.m.

Free to Members! \$3 Non-Member

AEROBICS/FITNESS/DANCE

Low Impact w/Lori (20 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., Jan. 5-Mar. 11

Location: Friendship Center, Room 118

Fee: \$64R/\$69NR/\$52M (Code 9830)

Combo w/Kelly and Sunny (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

Dates: Mon./Wed., 6-7 p.m., Jan. 5-Mar. 11

Location: Friendship Center, Room 118

Fee: \$64R/\$69NR/\$52M (Code 9919)

Abs, Back & Legs w/Kelly (10 classes)

Focus on strengthening/toning the abs, back and legs.

Dates: Mon., 7-8 p.m., Jan. 5-Mar. 9

Location: Friendship Center, Room 118

Fee: \$32R/\$37NR/\$26M (Code 9920)

Strength Training w/Terri (10 classes)

Invigorating strength workout including abs. Great mixture.

Dates: Tues., 4-4:40 p.m., Jan. 6-Mar. 10

Location: Friendship Center, Room 118

Fee: \$32R/\$37NR/\$27M (Code 9825)

Ringtime Boxing w/Focus Mitts w/Karen (12 classes)

Interval class featuring the use of boxing gloves and focus mitts. Class will cover safety tips, proper use, drills and workout formats. If you love punching, then prepare to be hitting the mitts like a pro.

Session I: Tues./Thurs. 10:30-11:15 a.m., Jan. 6-Feb. 12 (Code 9854)

Session II: Tues./Thurs. 10:30-11:15 a.m., Feb. 17-Mar. 26 (Code 9855)

Location: Friendship Center, Gym #1

Fee: \$66R/\$71NR/\$56M



AEROBICS/FITNESS/DANCE

Salsa Aerobics w/Gina (16+) (10 classes)

Dance and have fun to Latin rhythms and music. Basic merengue, salsa and bachata. Great workout.

Dates: Tues., 5:30-6:30 p.m., Jan. 6-Mar. 10 (Code 9985)
Thurs., 6-7 p.m., Jan. 8-Mar. 12 (Code 9986)

Location: Friendship Center, Room 106/109 (Tues.), East Annex (Thurs.)

Fee: \$32R/\$37NR/\$26M

Weight Loss Boot Camp w/Lori & Mary (21 hours)

New Year, New You! Two trainers to implement a combination strategy of improved eating, interval exercise and a weight training program for maximum weight loss and body fat reduction.

Session I: Sat. (7-8:30 a.m.), Mon. & Wed. (6:30-7:30 p.m.), Jan. 10-Feb. 18 (Code 9988)

Orientation: Thurs., Jan. 8 at 6:30 p.m.

Session II: Sat. (7-8:30 a.m.), Mon. & Wed. (6:30-7:30 p.m.), Feb. 21-April 1 (Code 9989)

Orientation: Thurs., Feb. 19 at 6:30 p.m.

Location: Friendship Center, East Annex

Fee: \$220R/\$225NR/\$185M

Boot Camp Express w/Lori & Mary (8 weeks)

Continuation of Weight Loss Boot Camp but will accept others with approval from trainers.

2 Day: Mon./Wed., 6:30-7:30 p.m., Jan. 5-Feb. 25

Location: Friendship Center, East Annex

Fee: \$92R/\$95NR/\$77M (Code 9933)

3 Day Session I: Mon./Wed. (6:30-7:30 p.m.), Sat. (7-8 a.m.) Jan. 5-Feb. 4 (Code 9938)

3 Day Session II: Mon./Wed. (6:30-7:30 p.m.), Sat. (7-8 a.m.) Feb. 16-Mar. 28 (Code 9941)

Location: Friendship Center, East Annex

Fee: \$108R/\$113NR/\$90M

Strength Training + Abs w/Terri (10 classes)

Invigorating strength workout including abs. Great mixture.

Dates: Fri., 6-6:45 p.m., Jan. 9-Mar. 13

Location: Friendship Center, Room 118

Fee: \$32R/\$37NR/\$27M (Code 9824)

Kickboxing w/Karen (20 classes)

Cardio kickboxing class with focus on form and fun.

Dates: Tues./Thurs. 9:15-10:15 a.m., Jan. 6-Mar. 12

Location: Friendship Center, Room 118

Fee: \$76R/\$81NR/\$64M (Code 9851)



Yogalates w/Terri (10 classes)

Yoga mixed with pilates. Great mixture.

Dates: Tues., 4:45-5:30 p.m., Jan. 6-Mar. 10

Location: Friendship Center, Room 118

Fee: \$32R/\$37NR/\$27M (Code 9827)

Basic Hatha Yoga w/Certified Instructors (8 classes)

Need to de-stress? Come enjoy a yoga practice that can help you slow down and calm down. Each week we explore new postures and techniques in a slow paced class. All levels, including beginners, are welcome.

Dates: Tues., 5:30-6:30 p.m., Jan. 6-Feb. 24 (Code 9882)

OR-*Tues., 10:15-11:15 a.m., Jan. 6-Feb. 24 (Code 9883)

Location: Friendship Center, East Annex, *Room 118

Fee: \$72R/\$77NR/\$60M

Vinyasa Yoga I w/Certified Instructors (8 classes) (All levels)

Enjoy the benefits of a dynamic yoga practice: increased strength, flexibility, endurance, stamina and relaxation.

Based on the Ashtanga Vinyasa Yoga sequence of postures, this practice can be physically and mentally challenging. Bring yoga mat. Moderately strong paced class and students should be in good physical health. All levels.

Dates: Tues., 6:30-7:30 p.m., Jan. 6-Feb. 24

Location: Friendship Center, East Annex

Fee: \$72R/\$77NR/\$60M (Code 9881)

Aerobic Focus w/Carol (20 classes)

Fun approach to cardio fitness/toning. Class includes aerobics/kickboxing for all levels, toning/ weight training.

Dates: Tues./Thurs., 5:30-6:15 p.m., Jan. 6-Mar. 12

Location: Friendship Center, Room 118

Fee: \$46R/\$54NR/\$38M (Code 9921)

20/20/20 w/Janeal (20 classes)

20 minute segments of step, aerobics/weights and abs.

Dates: Tues./Thurs., 6:30-7:30 p.m., Jan. 6-Mar. 12

Location: Friendship Center, Room 118

Fee: \$64R/\$69NR/\$52M (Code 9826)

Fitness Fusion w/Janeal (20 classes)

Variety of cardio, step, interval, muscle and ab training.

Dates: Tues./Thurs., 7:30-8:15 p.m., Jan. 6-Mar. 12

Location: Friendship Center, Room 118

Fee: \$55R/\$58NR/\$46M (Code 9850)

One-on-One Mat Pilates w/Terri (6 sessions)

Personal, one-on-one training available.

Dates: By appointment

Location: Friendship Center, Room 112

Fee: \$220R/\$225NR/\$200M (Code 9987)

NEW

AEROBICS/FITNESS/DANCE

Core Cut Interval w/Karen (10 classes)

Interval-based program designed to supercharge your metabolism. Each class is different with plenty of focus on participant's ability.

Dates: Wed., 9:30-10:30 a.m., Jan. 7-Mar. 11

Location: Friendship Center, Gym #1

Fee: \$60R/\$63NR/\$50M (Code 9821)

Core Cut Intervals w/Lori & Mary (6 classes)

Anything and everything goes in this class. Inside, outside, bosu, gliding, balance, strength and cardio. Fun with cutting edge techniques — never boring!

Session I: Mon./Wed., 5:30-6:30 p.m., Jan. 5-Feb. 11 (Code 9822)

Session II: Mon./Wed., 5:30-6:30 p.m., Feb. 16-Mar. 25 (Code 9823)

Location: Friendship Center, East Annex

Fee: \$91R/\$94NR/\$77M

A.M. Weight Loss Boot Camp w/Karen (21 hours)

The successful weight loss program is now available in the daytime! Program includes a healthy eating plan, fit testing/weekly weigh-ins, exercise program w/3.5 hours/week with a personal trainer in small group setting. For those with 15+ pounds to lose. Must attend all 3 sessions per week.

Session I: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Jan. 5-Feb. 13 (Code 9856)

Session II: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Feb. 16-Mar. 27 (Code 9857)

Location: Friendship Center, Gym #1

Fee: \$220R/\$225NR/\$185M

Weight Loss Boot Camp Phase II w/Karen (6 weeks)

Designed for previous participants of Weight Loss Boot Camp. Exercise only program blends interval and strength work with challenging cardio. 1/2 class time w/trainers and 1/2 on own. Must attend all class times.

Session I: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Jan. 5-Feb. 13 (Code 9913)

Session II: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Feb. 16-Mar. 27 (Code 9914)

Location: Friendship Center, Gym #1

Fee: \$98R/\$102NR/\$82M

Pilates Stretch w/Terri (10 classes)

Increase overall flexibility, improve posture and core strength. Relaxing and effective. All levels.

Dates: Fri., 4:15-4:45 p.m., Jan. 9-Mar. 13

Location: Friendship Center, Room 118

Fee: \$36R/\$39NR/\$30M (Code 9829)

Mat Pilates w/Terri (10 classes)

Concentrate on core stability. Gain flexibility of muscles and joints, improve posture, strength and balance.

Dates: Tues., 5:45-6:30 p.m., Jan. 6-Mar. 10 (Code 9979)*
Fri., 5-5:45 p.m., Jan. 9-Mar. 13 (Code 9828)

Location: Friendship Center, Room 118, *Room 112

Fee: \$48R/\$51NR/\$40M

Saturday Morning Cardio Pump w/Darryl (10 classes)

High energy workout at low pace. All forms of exercise.

Dates: Sat., 9:30-10:30 a.m., Jan. 10-Mar. 14

Location: Friendship Center, East Annex

Fee: \$32R/\$37NR/\$26M (Code 9900)

Weekend Kickboxing w/Karen & Lori (6 classes)

Start your weekend off with a cardio intense impact kickboxing. Proper form and technique taught — use of gloves and free-standing boxing bags.

Session I: Sat., 8-9 a.m., Jan. 10-Feb. 14 (Code 9852)

Session II: Sat., 8-9 a.m., Feb. 21-Mar. 28 (Code 9853)

Location: Friendship Center, Room 118

Fee: \$64R/\$67NR/\$54M

Mobile Mommy Wheelies w/Ursula (6 classes)

Workout with your little ones in strollers. Cardio, body sculpting and yoga stretches help address areas moms especially need while bonding with your child. Enroll in both sessions at same time and receive a discount.

Session I: Sat., 9-9:45 a.m., Jan. 10-Feb. 14 (Code 9895)

Session II: Sat., 9-9:45 a.m., Feb. 21-Mar. 28 (Code 9896)

Location: Friendship Center Track

Fee: \$52R/\$60NR/\$48M

Toddler Yoga w/Mobile Mommy Fitness (Ages 12-36 mos.) (6 classes)

Yoga can be fun to do as your toddler crawls through your downward facing dog or joins in to roar like a lion. Adding challenge and enjoyment, your toddler will spend time coaching, cheering and exercising with you. Great yoga workout and fun with your little one. Bring yoga mats.

Session I: Thurs., 10:15-11 a.m., Jan. 8-Feb. 12 (Code 9916)

Session II: Thurs., 10:15-11 a.m., Feb. 19-Mar. 26 (Code 9917)

Location: Friendship Center, Room 118

Fee: \$68R/\$71NR/\$58M



AEROBICS/FITNESS/DANCE

Middle Eastern Dance w/Karida (6 classes)

Burn calories, tone muscles, build stamina, increase flexibility, grace and confidence.

Dates: Mon., 6-7 p.m., Jan. 5-Feb. 9

Location: Friendship Center, Room 106/109

Fee: \$50R/\$53NR/\$45M (Code 9892)

Women's Strength Training w/Bentz (Ages 18+) (8 classes)



Tone, shape and define your body, boost energy & metabolism and maintain or improve bone density. The class will maximize results and safety by focusing on proper form and technique.

Dates: Tues., 7-8 p.m., Jan 6-Feb. 24

Location: Max Fitness, 3401 N. 6th St. Harrisburg

Fee: \$55R/\$60NR (Code 9956)

Learn Ballroom Dance w/Lisa (4 classes)

Class will be introduced to waltz, fox trot, rhumba and swing. Stop being a wallflower and join the fun. Easy to learn — hard shoes recommended, not required.

Dates: Mon., 7:30-9 p.m., Jan. 12-Feb. 2

Location: Friendship Center, Room 106/109

Fee: \$64R/\$72NR/\$54M per cpl. (Code 9922)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Jan. 6-Mar. 10

Location: Friendship Center, Room 118

Fee: \$42R/\$52NR/Free to Members! (Code 9889)

ADULT SPORTS/LEISURE

Headaches w/Dr. Scott LeVan (18+)

Many people suffer with headaches. Find out the most common reason people seek medical attention.



Date: Tuesday, January 6, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: Free to public — must pre-register! (Code 9918)

"Monavie-The Juice" Presentation

Monavie Brand products are a delicious and energizing blend of the Brazilian Acai Berry and other nutrient-dense fruits from around the world. They deliver the phytonutrients and antioxidants you need to maintain a healthy and active lifestyle. Come taste the product and hear what it can do for you.

Date: Wednesday, January 14, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: Free to public — must pre-register! (Code 9930)

ADULT SPORTS/LEISURE

Financial Planning w/Waddell & Reed

A workshop that will assist you with financial advice.

Education Funding: Tuesday, January 27, 7-8:30 p.m. (Code 9946)

Financial Concepts 101: Thursday, February 12, 7-8:30 p.m. (Code 9947)

Location: Friendship Center, Room 112

Fee: \$3R/\$5NR Free to members!

Sleep Disorders w/Dr. Homza (16+)



Sleep apnea, narcolepsy, insomnia, and sleep walking. Problems falling asleep and staying asleep? Treatment may include exercise and stretches, diet, and avoid caffeine. Why stress can bring on these problems.

Date: Thursday, January 15, 6-7 p.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (Code 9951)

Photography For Beginners w/Fashion Mystique Modeling & Beauty Salon (16+) (4 classes)

Learn how to take professional looking pictures. Discover how to pose subjects and capture angles to make your subject look the best. Digital cameras suggested.

Dates: Weds., 6-7 p.m., Jan. 14-Feb. 4

Location: Friendship Center, Room 106

Fee: \$53R/\$56NR/\$45M (Code 9925)

Advanced Photography w/Fashion Mystique Modeling & Beauty Salon (16+) (4 classes)

Take the next step in photography by learning how to manipulate and improve photos. Laptops and photoshop are suggested but not required.

Dates: Weds., 6-7 p.m., Feb. 11-Mar. 4

Location: Friendship Center, Room 106

Fee: \$53R/\$56NR/\$45M (Code 9926)

How To Use Color in Your Home w/Barbara Tabak



Review color theory & demonstrate how to put together a color scheme based on individual color preferences. Attendees will determine their color preferences through a color quiz and a slide show featuring beautifully color-coordinated rooms.

Date: Thursday, January 8, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: \$3R/\$5NR/Free to Members (Code 9928)

**Give the Gift of Family,
Fun and Fitness!
Buy a Friendship Center Gift Certificate**

ADULT SPORTS/LEISURE

Education Workshops w/Temple Univ.

College Planning Workshop w/S. Smith:

Wednesday, January 21, 6-8 p.m. (Code 9975)

Book Club Introduction & Discussion w/R.

Traub:

Wednesday, January 28 & February 11, 6-8 p.m. (Code 9976)

Location: Friendship Center, Room 112

Fee: \$3R/\$5NR/Free to Members

Chinese Culture & Basic Conversation (18+)

This course will introduce students to Chinese culture to enhance communication between the West and the East. The class will cover topics such as festival, food, history, geography, calligraphy, business culture, greetings and common social customs.

Dates: Tues, 6-7 p.m., Jan. 6-Mar. 10

Location: Friendship Center, Conf. Room

Fee: \$77R/\$80NR/\$65M (Code 9971)

Pink Ribbon Program™ Breast Cancer Program w/certified instructors (6 sessions)

A post-operative 1/2 hour workout program to enhance recovery from breast cancer surgery. For patients after surgery. Pilates based exercises will help maintain movement in the affected arm and shoulder and are a good follow-up to physical therapy. Lower body exercises are also included. Written doctors release required. One-on-one instruction.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Room 115

Private: \$150R/\$155NR/\$125M (Code 9819)

"All You Can Eat" Weight Loss Program w/Bentz

No weighing or measuring. Heart healthy! Over 40 carb choices to eat from and 30 protein portions. Simple easy steps with 10 page booklet to help you succeed! Plus 2 consultations.

Dates: By appointment

Location: Friendship Center

Fee: \$70R/\$75NR/\$65M (Code 9931)

Nutrition Response w/Dr. Page (Ages 16+)

A precise, non-invasive and scientific method of analyzing the body to determine a person's specific nutritional needs which helps to create an individualized nutritional program. Learn how deficiencies relate to organ degeneration and disease. Free screenings at end of class.

Date: Saturday, January 17, 9-10 a.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (Code 9952)

Natural Health and Nutrition Seminar w/NutraMetrix, Eileen Badman

Have you ever wondered how your body systems work to keep you healthy? How can you be healthier and not catch colds? How do you keep family strong and energized? Learn what you can do to impact your health.

Date: Wednesday, January 7, 7-8:30 p.m.

Location: Friendship Center, Room 112

Fee: \$20R/\$23NR/\$18M (Code 9958)

Beginner Spanish w/Bella (Ages 18+) (10 classes)

Interactive class learning four skills of reading, writing, listening and speaking.

Dates: Wed., 7-8 p.m., Jan. 7-Mar. 11

Location: Friendship Center, Conf. Room

Fee: \$96R/\$101NR/\$80M (Code 9932)

Intermediate Spanish w/Bella (Ages 18+) (10 classes)

For those with some basic knowledge or prior classes.

Dates: Thurs., 7-8 p.m., Jan. 8-Mar. 12

Location: Friendship Center, Conf. Room

Fee: \$96R/\$101NR/\$80M (Code 9934)

Active Adults (60+) Yoga Class (6 classes)

This class will move your whole body through a series of yoga poses - both seated & standing with the help of chair support. It's designed to increase flexibility, balance and range of movement. Breathing exercises help with relaxation and stress reduction.

Dates: Fri., 10:30-11:30 a.m., Jan. 9-Feb. 13

Location: Friendship Center, Room 118

Fee: \$42R/\$45NR/\$35M (Code 9953)

Golf "The Mind" Game w/Bumble Bee Hollow (Ages 14+)

What role does the mind play? Comfort zone-how does it affect your scoring and positive thinking?

Date: Wednesday, January 14, 6:30-8 p.m.

Location: Friendship Center, Room 112

Fee: \$15R/\$17NR/\$12M (Code 9964)

The Exclusive "Max Makeover" w/Bentz

Apply/interview for a spot in the 16 week program which includes, fitness/nutrition coaching, body fat testing, fitness assessment, goals, exercise prescription, nutrition plan, customized exercise DVD, nutrition book and training log.

Date: TBA

Location: Friendship Center

Fee: TBA (Code 9935)

ADULT SPORTS/LEISURE (CONT.)

Conceptual Golf: Five Concepts All Great Players Understand w/Bumble Bee Hollow (Ages 14+)

What are the concepts of the swing? How does it affect your swing? Conceptually incorrect equals incorrect golf swing.

Date: Wednesday, February 4, 6:30-8 p.m.

Location: Friendship Center, Room 112

Fee: \$15R/\$17NR/\$12M (Code 9972)



Flexibility & Golf w/Bumble Bee Hollow (Ages 14+)

Discover new exercises that may help improve your games. Proper flexibility could be the key.

Date: Wednesday, February 25, 6:30-7:30 p.m.

Location: Friendship Center, Room 112

Fee: \$15R/\$17NR/\$12M (Code 9974)



Advanced Billiard Fundamentals "Pool School" (Ages 16+) (6 classes)

Topics will include stroke mechanics, cue ball control, aiming systems and more. BCA video stroke analysis and training drills give you the tools you need to play top level pool.

Date: Sats., 9-11 a.m., Jan. 10-Feb. 14

Location: Friendship Center, Social Hall

Fee: \$65R/\$70NR/\$55M (Code 9957)

Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted.

Must Pre-Register! Limited space. Coed.

Dates: Wed., 7-9 p.m., Jan. 7-Mar. 11 (Code 9811)

-OR- Sat., 9:45-11:15 a.m., Jan. 10-Mar. 14

(Code 9812)

-OR- Mon., 7:45-9:45 p.m., Jan. 5-Mar. 9 (Code 9813)

Location: Friendship Center, Gym #2/#3

Fee: \$57R/\$62NR/Free to members!

Fitness Assessment w/Wellness Coach

Help set your goals by having assessment done-included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$15R/\$18NR/\$12M (Code 9818)

Adult Men Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

Dates: Thurs., 7-9 p.m., Jan. 8-Mar. 12 (Code 9796)

-OR- Sat., 8-9:30 a.m., Jan. 10-Mar. 14 (Code 9797)

Location: Friendship Center, Gym #2/#3

Fee: \$57R/\$62NR/Free to Members!

ADULT ARTS & CRAFTS

Painting: Oil or Acrylic w/John (10 classes)

For those with wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

Dates: Tues., 6:30-8:30 p.m., Jan. 6-Mar. 10

Location: Friendship Center, Room 109

Fee: \$75R/\$80NR/\$63M (Code 9948)

Power Layout Scrapbooking w/Michele

Start an album — but never finished? This class will help you complete an album quickly. Includes Power Layout Box. Bring 75-100 photos. Paper and embellishments available for purchase or bring your own.

Deadline to register is January 12.

Date: Thursday, 6-9:30 p.m., January 15

Location: Friendship Center, Room 106

Fee: \$44R/\$46NR/\$40M (Code 9963)

Digital Scrapbooking w/Michele

Learn how to get started making your own digital scrapbook. Laptops suggested, not required, as well as digital photos (30-60) for album. **Registration deadline is January 3.**

Date: Tuesday, 7-9 p.m., January 6

Location: Friendship Center, Conf. Room

Fee: \$11R/\$14NR/\$8M (Code 9962)



Interested in Masters
Swimming?
See Page 18!

AQUATICS (ALL LESSONS 40 MINUTES)

**PLEASE NOTE: AGE IS NOT THE SOLE CRITERIA
FOR ENROLLING IN A CLASS.**

Parent/Tot I (Ages 3 years & under) (8 classes)

Orientation to water awareness and water safety.
Parent/child.

Dates: Tues., 10:10 a.m., Jan. 13-Mar. 3 (Code 9768)

Tues., 5 p.m., Jan. 13-Mar. 3 (Code 9769)

Wed., 9:30 a.m., Jan. 14-Mar. 4 (Code 9770)

Sat., 10:10 a.m., Jan. 17-Mar. 7 (Code 9771)

Location: Friendship Center, Rec. Pool

Fee: \$59R/\$66NR/\$49M

Parent/Tot II (Ages 3 years & under) (8 classes)

Pre-requisite: Parent/Tot I

Orientation to water awareness, water safety and
beginning water skill development. Parent/child.

Dates: Tues., 10:50 a.m., Jan. 13-Mar. 3 (Code 9772)

Tues., 5:40 p.m., Jan. 13-Mar. 3 (Code 9775)

Wed., 10:10 a.m., Jan. 14-Mar. 4 (Code 9774)

Wed., 6:20 p.m., Jan. 14-Mar. 4 (Code 9773)

Location: Friendship Center, Rec. Pool

Fee: \$59R/\$66NR/\$49M

Tiny Tots (Age 3) (8 classes)

Water skill development and safety.

Dates: Mon., 9:30 a.m., Jan. 12-Mar. 2 (Code 9798)

Wed., 10:50 a.m., Jan. 14-Mar. 4 (Code 9802)

Wed., 5 p.m., Jan. 14-Mar. 4 (Code 9801)

Thurs., 10:50 a.m., Jan. 15-Mar. 5 (Code 9799)

Sat., 10:50 a.m., Jan. 17-Mar. 7 (Code 9800)

Location: Friendship Center, Rec. Pool

Fee: \$59R/\$66NR/\$49M

Angel Fish I (Ages 4 and up not able to swim) (8 classes)

Water awareness, water safety and skill development.

Dates: Mon., 10:10 a.m., Jan. 12-Mar. 2 (Code 9776)

Mon., 5:00 p.m., Jan. 12-Mar. 2 (Code 9777)

Tues., 6:20 p.m., Jan. 13-Mar. 3 (Code 9778)

Thurs., 9:30 a.m., Jan. 15-Mar. 5 (Code 9779)

Sat., 8:50 a.m., Jan. 17-Mar. 7 (Code 9780)

Sun., 12:10 p.m., Jan. 11-Mar. 1 (Code 9781)

Location: Friendship Center, Rec. Pool

Fee: \$59R/\$66NR/\$49M

Angel Fish II (Ages 4 and up, not able to swim) (8 classes)

Prerequisite: Angel Fish I

Water skill development in preparation for Blue Fish.

Dates: Mon., 10:50 a.m., Jan. 12-Mar. 2 (Code 9787)

Tues., 9:30 a.m., Jan. 13-Mar. 3 (Code 9784)

Wed., 5:40 p.m., Jan. 14-Mar. 4 (Code 9783)

Thurs., 5 p.m., Jan. 15-Mar. 5 (Code 9785)

Sat., 9:30 a.m., Jan. 17-Mar. 7

(Code 9786)

Location: Friendship Center,

Rec. Pool

Fee: \$59R/\$66NR/\$49M

Blue Fish (Ages 4 and up) (8 classes)

Water safety and water skill development. Prerequisites: jump into water,
swim 1/2 length on stomach and back
and hold breath for 20 seconds.

Dates: Mon., 6:20 p.m., Jan. 12-Mar. 2 (Code 9788)

Thurs., 10:10 a.m., Jan. 15-Mar. 5 (Code 9789)

Thurs., 5:40 p.m., Jan. 15-Mar. 5 (Code 9790)

Sun., 12:50 p.m., Jan. 11-Mar. 1 (Code 9791)

Location: Friendship Center, Rec. Pool

Fee: \$59R/\$66NR/\$49M

Cat Fish (8 classes)

Water safety, skill development, and refinement.

Prerequisites: jump into deep water, tread water for 30
seconds, swim length of pool on stomach and back,
surface dive and retrieve ring.

Dates: Mon., 5:40 p.m., Jan. 12-Mar. 2 (Code 9805)

Thurs., 6:20 p.m., Jan. 15-Mar. 5 (Code 9806)

Sun., 1:30 p.m., Jan. 11-Mar. 1 (Code 9807)

Location: Friendship Center, Lap Pool

Fee: \$59R/\$66NR/\$49M

Dolphins (8 classes)

Continue learning skill progressions with focus on stroke
development. Must be able to swim the length of the
pool.

Dates: Thurs., 5:30 p.m., Jan. 15-Mar. 5 (Code 9794)

Sun., 2:10 p.m., Jan. 11-Mar. 1 (Code 9795)

Location: Friendship Center, Lap Pool

Fee: \$59R/\$66NR/\$49M



**CHILD MUST HAVE MET THE MINIMUM AGE REQUIREMENTS
BY THE FIRST DAY OF CLASS.**

AQUATICS (CONT.)

Eels (8 classes)

Must be able to swim the length of the pool. Competitive stroke improvement.

Dates: Thurs., 5:30 p.m., Jan. 15-Mar. 5 (Code 9792)
Sun., 2:50 p.m., Jan. 11-Mar. 1 (Code 9793)

Location: Friendship Center, Lap Pool

Fee: \$59R/\$66NR/\$49M

Adult Learn to Swim (Ages 16+) (8 classes)

Learn the basic strokes of swimming.

Dates: Thurs., 7 p.m., Jan. 15-Mar. 5

Location: Friendship Center, Lap Pool

Fee: \$59R/\$66NR/\$49M (Code 9809)

Private Swim (6-1/2 hour lessons)

Instructors available to provide private swim lessons.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$138R/\$158NR/\$130M (Code 9814)

***Group-Private (class of 4):** \$90R/\$95NR/\$75M per person (Code 9816) (*must register as group.)

***Semi-Private:** \$185R/\$220NR/\$180M (Code 9815)

(*siblings only!)

Home School (Ages 5-12) (8 classes)

No instruction, open swimming. Meet new friends.

Dates: Tues., 11 a.m., Jan. 13-Mar. 3 (Code 9803)

Fri., 1 p.m., Jan. 16-Mar. 6 (Code 9804)

Location: Friendship Center, Leisure Pool

Fee: \$32R/\$35NR (Members free)

Friendship Center Masters Swim Team (18+) (30 classes)

Requirements: be able to swim 2-3 competitive strokes.

Fun, Fitness and Friendly Competition! This new program offers on deck coaching for competitive and fitness swimmers of varying levels and abilities. Participation in swim meets is optional.

Dates: Mon./Wed./Fri., 5:30-7 p.m., Jan. 5-Mar. 13

Location: Friendship Center, Lap Pool

Fee: \$90R/\$100NR/\$75M (Code 9965)



PADI Discover Scuba (Ages 12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Date: Saturday, January 10, 1-2:30 p.m.

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (Code 9945)

Water Aerobics w/Bonnie (20 classes)

Power packed, cardio workout w/little stress on joints.

Dates: Tues./Thurs., 9:30-10:30 a.m., Jan. 6-Mar. 12

Location: Friendship Center, Lap Pool

Fee: \$64R/\$69NR/\$52M (Code 9810)

Keep It Movin'! w/Linda (20 classes)

Dates: Tues./Thurs., 6-7 p.m.,

Jan. 6-Mar. 12

Location: Friendship Center,
Lap Pool

Fee: \$64R/\$69NR/\$52M

(Code 9880)

Early A.M. Aqua Pump w/Darryl (20 classes)

Start the week off with a brisk aqua power workout. Get ready for the week.

Tone, re-shape, get the heart

pumping. Fun and Safe! Bring aqua shoes/sneakers.

Dates: Mon./Wed., 6:35-7:35 a.m., Jan. 5-Mar. 11

Location: Friendship Center, Therapy Pool

Fee: \$64R/\$69NR/\$52M (Code 9905)



Shallow Water Workout w/Sybil (20 classes)

This workout will get you moving and burning extra calories while having fun.

Dates: Mon./Wed., 6-7 p.m., Jan. 5-Mar. 11

Location: Friendship Center, Lap Pool

Fee: \$64R/\$69NR/\$52M (Code 9893)

Deep Water Walkers w/Sybil (20 classes)

Participants encouraged to wear swim fins but not required. Burn more calories in less time without stress on your body.

Dates: Mon./Wed., 5:30-6 p.m., Jan. 5-Mar. 11

Location: Friendship Center, Lap Pool

Fee: \$32R/\$37NR/\$26M (Code 9894)

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., Jan. 5-Mar. 11

Location: Friendship Center, Lap Pool

Fee: \$64R/\$69NR/\$52M (Code 9808)

AQUACISE

Rise & Shine Aqua Pump w/Darryl (20 classes)

Catch the "Aqua Wave" early. Get moving. Stretch, tone, re-shape the form. Great cardio workout. All fitness levels. Bring aqua shoes or sneakers.

Dates: Tues./Thurs., 6:15-7:15 a.m., Jan. 6-Mar. 12

Location: Friendship Center, Therapy Pool

Fee: \$64R/\$69NR/\$52M (Code 9907)

Aquawave Fit w/Darryl (20 classes)

Step to shape. Uplifting, low-impact, quick pace and invigorating to work legs/muscle groups. Aqua equipment used. No stress on joints. All levels welcome.

Dates: Tues./Thurs., 7:15-8:15 p.m., Jan. 6-Mar. 12

Location: Friendship Center, Therapy Pool

Fee: \$64R/\$69NR/\$52M (Code 9906)

Aquatic Arthritis w/Mary Jo (26 classes)

Range of motion exercise for flexibility and coordination.

Dates: Mon./Wed./Fri., 10:45-11:45 a.m., Jan. 5-Mar. 4

Location: Friendship Center, Therapy Pool

Fee: \$84R/\$87NR/\$70M (Code 9820)

AquaWave "All Over Body Tone Workout" w/Darryl (10 classes)

This class tones and reshapes every muscle group in the body. Incorporates aqua fitness equipment. Helps with flexibility, balance and motivation.

Dates: Fri., 6:15-7:15 a.m., Jan. 9-Mar. 13

Location: Friendship Center, Therapy Pool

Fee: \$32R/\$37NR/\$26M (Code 9899)

Aquawave Deep Fitness Pump w/Darryl (10 classes)

Wind down the week. Start off the weekend with a moving vigorous aquawave workout pump. Tone, shape, strengthen. Lots of fun!

Dates: Fri., 6:30-7:30 p.m., Jan. 9-Mar. 13

Location: Friendship Center, Lap Pool

Fee: \$32R/\$37NR/\$26M (Code 9902)

Aquawave Fitness Energy Pump w/Darryl (10 classes)

Start the weekend with an early Saturday aqua pump. Work all major muscles through low intensity movements. Bring aqua shoes or sneakers.

Dates: Sat., 8:15-9:15 a.m., Jan. 10-Mar. 14

Location: Friendship Center, Therapy Pool

Fee: \$32R/\$37NR/\$26M (Code 9901)



Teen Aqua Fit w/Darryl (Ages 12+) (10 classes)

Work on flexibility, balance, and get motivated to move. Learn muscle groups. Bring aqua shoes or sneakers. Aqua fitness equipment used.

Dates: Sat., 12:30 -1:30 p.m., Jan. 10-Mar. 14

Location: Friendship Center, Lap Pool

Fee: \$32R/\$37NR/\$26M (Code 9908)

Triple-Fit Ripped Workout w/Darryl (Ages 16+) (10 classes)

90 minutes of power overdrive. 25 minutes of intense/ low impact cardio including steps, bands, fit balls, weights followed by 25 minutes of spinning, finishing with an aqua workout.

Dates: Sat., 11 a.m.-12:30 p.m., Jan. 10-Mar. 14

Location: Friendship Center, Room 118, Pool

Fee: \$62R/\$67NR/\$52M (Code 9903)

Aqua Power Slide Work w/Darryl (10 classes)

Intense aqua exercise done with the power of hydro water. Get fit. Bring aqua shoes or sneakers.

Dates: Sun., 12-1 p.m., Jan. 11-Mar. 15

Location: Friendship Center, Therapy Pool

Fee: \$32R/\$37NR/\$26M (Code 9904)

LOOKING FOR SOMETHING TO GET YOU OUT OF THE HOUSE?

The Friendship Center is looking for mature, responsible people to lifeguard. If you are a stay at home parent and need something to do while the kids are at school or a retiree and need to keep busy between trips, get your lifeguard certification and call the Friendship Center!



FRIENDSHIP CENTER HIGHLIGHTS

GIFT CERTIFICATES AVAILABLE!

Programs, Trips & Membership — ALL KINDS OF FUN THINGS! Treat your friends and family to the gift of Friendship!

FINANCIAL ASSISTANCE GRANT PROGRAM - SCHOLARSHIP FUNDS

The Friendship Center provides financial assistance grants for programs or membership at the Friendship Center. Interested applicants may obtain an application by calling 657-5635. Donations towards the scholarship funds are greatly appreciated.

PERSONAL TRAINING

Bentz, Dave, Karen, Ursula certified fitness professionals for personal training.

Fee:

\$41 Member/\$46 Non-Member (per hour)

\$28 Member/\$33 Non-Member (per 1/2 hour)

New Buddy Training System (2 people w/trainer)

Fee:

\$31 per Member/\$36 per Non-Member (per hour)

\$22 per Member/\$27 per Non-Member (per 1/2 hour)

New "6 pack" training card (purchase 6 at one time)

Fee:

\$168 Member/\$198 Non-member (per 1/2 hour)

\$246 Member/\$276 Non-member (per hour)

Call 657-5635 for more information.



MASSAGE THERAPY NOW AVAILABLE

NEW MASSAGE LOCATION AT THE FRIENDSHIP CENTER



Doria
Walsh, CMT



Andrew
Thompson, CMT

Take time to relax . . .

By appointment only! Call today!
Spaces fill quickly.

\$5⁰⁰ Off Massage Coupon

NOT REDEEMABLE FOR CASH.

No photo copies. Coupon good 1/1-1/31/09.

MASSAGE BY APPOINTMENT ONLY.

COUPON GOOD FOR 60 MINUTE MESSAGES ONLY

ATTENTION SENIORS!

The Friendship Center is now participating in the Medicare Forever Fit program for seniors. Forever Fit is a senior fitness program offered through Medicare and several health care providers that allows participating seniors the opportunity to have a free Friendship Center membership. Call 657-5635 (106) to see if you qualify!

DISCOUNT TICKETS

**TICKETS ARE SOLD AT
PARKS & RECREATION
AT THE FRIENDSHIP CENTER
MONDAY-FRIDAY, 8 A.M.-5 P.M.**

**CASH AND CHARGE ONLY
NO CHECKS!**

	PRICE	SAVINGS
◆ BEAR CREEK		
Weekend	\$49.00	\$8.00
◆ BIG BOULDER/JACK FROST		
Adult Weekday	\$33.00	\$7.00
Adult Weekend	\$40.00	\$8.00
Student (6-21 yrs.)	\$30.00	\$2-\$6
◆ BLUE MOUNTAIN		
Weekday Lift	\$35.00	\$17.00
Weekend/Holiday Lift	\$43.00	\$16.00
◆ CAMELBACK		
Anyday-Open -Close	\$39.00	\$5-\$16
◆ ELK MOUNTAIN		
Midweek	\$39.00	\$6.00
Weekend/Holiday	\$48.00	\$5.00
◆ ROUNDTOP/LIBERTY/WHITETAIL		
Weekday	\$35.00	\$8-\$10
Weekend/Holiday	\$47.00	\$6-\$10
Night	\$28.00	\$8.00
◆ SHAWNEE MOUNTAIN		
Weekend	\$38.00	\$12.00

Ski Tickets for the Winter 2008/2009 season will be available in the winter months. Tickets are sold at the Parks and Recreation Department at the Friendship Center between the hours of 8 a.m.-5 p.m., Mon.-Fri. only.

**INTERESTED IN ADVERTISING
IN THE PROGRAM GUIDE?**

**INTERESTED IN SPONSORING ONE
OF OUR MANY SPECIAL EVENTS?**

Call Lynn at 657-5635 (106)

RENTALS/MISCELLANEOUS



Special Party Package Rentals

(Tentative 2009)

***SPLASH & DASH**
(1 hour each area)

Pool, Basketball Court, Party Room
\$216R/\$244NR/\$197M

***KID'S SWIM & INDOOR GYM**
(1 hour each area)

Pool, Indoor Playground, Party Room
\$237R/\$260NR/\$215M

***STAY & PLAY**
(1 hour each area)

Pool, Game Court, Party Room
\$200R/\$224NR/\$182M

**Other popular party area
rates (per hour):**

Leisure Pool: \$124R/\$137NR/\$110M
Basketball Court: \$67R/\$74NR/\$56M
Classroom: \$47R/\$54NR/\$43M

***Packages not available Nov. 1-Mar. 31**

*Parties Book Fast
So Plan Ahead!*

Submit Your Request Early!

**Call 657-5635 for more information.
2 Week Advance Notice Required!**

**Perfect place for a Corporate Party!
Special rates available!**

(Available Sunday before 12 p.m. or after 6 p.m.)

TRIPS

Trips are for all ages. Trips may be cancelled due to insufficient registration, with refunds to those registered. All buses leave from the parking lot at **Weis Market on Linglestown Road**. Our trip fees do not include gratuity for the bus driver. A \$1.50 gratuity per person is suggested and collected on each trip. Seating is on a first-come, first-served basis, with seats retained throughout the trip. **NO DISCOUNTS!**

**(Register Monday-Friday
between 8 a.m.-5 p.m.)**

New York "Day On Your Own"

Shop, see a show or just take in the sites of New York City. Depart Harrisburg at 7 a.m. Depart New York City at 7 p.m.

Date: Saturday, December 6

Fee: \$47 per person (Code 9625 & 9626)

Williamsburg Getaway

Trip includes: Bus, Quality Inn Suites, Evening Reception, Buffet Breakfast, Luggage Tags and Taxes.

Dates: Saturday and Sunday, February 21 & 22

Fee: \$169 sgle., \$129 dbl., \$124 tpl. (Code 9909)

Macy's Flower Show

Trip includes: transportation, maps and coupons.

Date: Saturday, March 28

Fee: \$83 per person (Code 9912)

New York "Day On Your Own"

Shop, see a show or just take in the sites of New York City. Depart Harrisburg at 7 a.m. Depart New York City at 7 p.m.

Date: Saturday, April 18

Fee: \$55 per person (Code 9910 & 9911)



FRIENDSHIP SENIOR CENTER

A. Senior Center/East Annex (657-1547)

Mon.-Fri., 7 a.m.-3:30 p.m. Seniors may come for programs, socialization, cards, leisure activities and congregate meals for residents of Dauphin County.

B. Senior Eligibility

The Senior Center is open to seniors 60 years and older at no charge. Seniors do not need to be members of the Friendship Center or township residents to participate.

C. Congregate Meals

Meals are provided Mon.-Thurs. by the Dauphin County Area Agency on Aging. Seniors **must sign-up** 48 hours in advance at the senior center. Donation requested for meals. Residents of Dauphin County only.

D. Weekly Program Schedule

MONDAY

8:30 a.m. - Aerobics (light)
8:30 a.m. & 11:35 a.m. - Aquacise (\$2.00 cl.)
9:30 & 10:15 a.m. - Tai Chi
9-11:30 a.m. - Cards
1:00 p.m. - Beginning Line Dancing
2:00 p.m. - Intermediate Line Dancing

TUESDAY

8 a.m. - Peppi
8 a.m. - Blood Pressure (1st Tues.)
8:40 a.m. - Aquacise (\$2.00 cl.)
7-10 a.m. - Walking (indoor)
8 a.m.-2 p.m. Cards
9-11 a.m. - Group Crocheting & Crafts
12:30 p.m. - Cash Bingo

WEDNESDAY

1-2 p.m. - Lap Swim (\$1.50)
8:30 a.m. - Aerobics (light)
8:30 a.m. & 11:35 a.m. - Aquacise (\$2.00 cl.)
10-11:30 a.m. - Cards (manipulation)
12:30 p.m. - Bridge Club
12:30 p.m. - Mah Jongg
2 p.m. - Tai Chi

THURSDAY

8 a.m. - Peppi
8:40 a.m. - Aquacise (\$2.00 cl.)
7-10 a.m. - Walking
1-2 p.m. - Lap Swim (\$1.50)
1 p.m. - Coin Club (1st Thurs.)
1:30 p.m. - Line Dancing

FRIDAY

8:30 a.m. - Lite Aerobics
11:35 a.m. - Aquacise (\$2.00 cl.)
12:30 p.m. - Bridge
12:30 p.m. - Knitting and Crocheting

Senior Van Service: Call 657-5650

CAT Share A Ride: 232-6100

Lower Paxton Township Senior Citizens (60 & older) may utilize the Van Service for medical appointments, shopping and other necessary transportation. Service available Mon.-Fri., 8 a.m.-3:30 p.m. Call between 8 a.m.-12 noon. Anyone 21 years or older interested in volunteering as a Dispatcher or Driver, please call the Van Service.

PROGRAM REGISTRATION AND PROCEDURES

3 WAYS TO REGISTER . . .

■ **BY MAIL** — Complete the registration form below and mail with payment to the L.P. Parks and Recreation, 5000 Commons Drive, Harrisburg PA, 17112. Please include a self-addressed, stamped envelope if you want confirmation of your registration. Note: Mail-in registrations are not processed until 5 p.m. on the specified day of registration unless participant phones in on the day registration begins to activate registration earlier.

■ **BY PHONE** — Call with your credit card (Visa or Master Card) registration, during operating hours at **657-5635**.

■ **WALK-IN** — Registrations accepted at the Friendship Center, 5000 Commons Drive.

1. **Friendship Center members** may register for all programs offered at the Friendship Center on Monday, December 1, 2008 from 6 a.m.-10 p.m.
2. **Preschool** pre-registration for participants presently enrolled in the Holiday session will be held Nov. 17-26, 2008. You can only pre-register for the class your child is currently enrolled in. All others may register beginning at 8:00 a.m. on Tuesday, December 2, 2008.
3. Registration for **Aquatics** programs begins Thursday, December 4, 2008 at 6:00 a.m.
Registration for **all other programs and classes** begins Tuesday, December 9, 2008 at 6:00 a.m.
4. **Family Discounts:** First member pays full price, each additional member (up to 3) living in the same household who registers for the same class may receive a 10 % discount. No double discounting.
5. **Senior Citizen Discount:** 10% discounts on some programs for persons 60 years of age or over.
6. Full refunds will be gladly issued if the Parks and Recreation Office is notified before the first day of any multi-session program. A prorated refund will be issued for any requests after the first class date from the date the office is notified. Refunds for one-day activities and all bus/van trips are not possible during or after the event. Full bus trip refunds are given if substitute(s) can be found at any time before the trip date. If substitutes cannot be found, refunds can only be given up to four weeks before the trip date. Refunds take about 3 weeks for processing and are mailed to the original payer.
7. The Friendship Center and the Parks and Recreation Department reserve the right to cancel activities. Full refunds are given for any canceled programs.
8. **Fee Structure: R=Resident, NR=Non Resident, M=Friendship Center Member.**
9. **Registration for a multi-session class is closed after the second meeting of the class.**

MAIL-IN REGISTRATION FORM

Activity Name _____ Code _____
 Date(s) _____ Fee: RE _____ NR _____ M _____
 Name(s) _____
 Address _____
 City _____ Zip _____
 Home Phone _____ Work _____
 Township Resident? Yes/No Male/Female _____
 Friendship Center member? Yes/No
 Parent's Name _____ Child's Birth date _____ (if applicable)

Make checks payable to:

Lower Paxton Township Parks and Recreation
 5000 Commons Drive, Harrisburg, PA 17112

ONE ACTIVITY PER FORM PLEASE

**Forms are processed at the end of the business day
 received, but not before registration date.**

MAIL-IN REGISTRATION GUIDELINES

The Lower Paxton Township Parks and Recreation Department encourages registration by walk-in, mail-in, or by phoning 657-5635 (with Visa, Master Card).

Please note:

ALL MAIL-IN REGISTRATIONS are not processed until 5 p.m. on the specified day of registration.

FC Members (All FC Programs) Monday, Dec. 1
 Preschool Programs Tuesday, Dec. 2
 Aquatics Programs Thursday, Dec. 4
 All Other Programs Tuesday, Dec. 9

This mail-in registration does not guarantee a place in the program. Registrations are processed on a first-come, first-served basis.

Friendship Community Center
5000 Commons Drive
Harrisburg, PA 17112

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Kent@kltyndaleinc.com

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